

The Family Flyer



Supporting Military Families
Cape Cod—Southeastern Massachusetts—SE New England

Federal Employee Open Season Closes 09 DEC 13

With less than 1 week left in Open Season, here are 7 reasons for you to visit the [Open Season website](#) today!

1. Informative [videos](#) from Federal benefits experts2. New dental and vision plan choices
3. Updated [quality outcomes](#) information for health plans
4. Saving money with [FSAFEDS!](#)
5. Do you have the right plan for you? Check out our [comparison tools](#).
6. Understand [FEHB and Medicare](#)
7. Did we mention you can save money with FSAFEDS!?



Breakfast with Santa

07 DEC from 8:30 a.m.—12noon @ ASCC Hangar, 3172 Burge Blvd

Pictures with Santa, Games, Crafts and Breakfast! Open to all Air Station Coast Guard Personnel, JBCC USCG Commands, and those living in base housing

For more info contact: LTJG Wil Sirokman, Morale Officer at 508-968-6399



Wreaths Across America

SAT 14 DEC @ National Cemetery, Bourne

The annual patriotic Wreaths Across America event will be the flag pole across from the visitor center at the Massachusetts National Cemetery on Connery Ave in Bourne. The event starts promptly at noon with a scripted ceremony, followed by the placing of the wreaths on the veterans graves. There are over 59000 veterans interred here, and it is the 2nd largest National Cemetery behind Arlington. The spouses of the Knights of Columbus will put on soups and sandwiches after the event at TTB Kelly DFAC just inside the main gate.



For more details look [online](#). Or Contact [Dennis Mills](#) 508-968-4389.



102nd Intelligence Wing Children's Christmas Party

Saturday, December 14, 2013

12:00—3:00 p.m.

@ Dining Facility
Otis ANG Base



Parents will need to drop off a wrapped gift for each of their children with the child's name on it. (Please try to keep it around \$10) to Erin Creighton in building 158, Room 262 by December 10th

Please sign up your children by December 10th
with Erin Creighton
508-968-4855 or erin.creighton@ang.af.mil



JBCC Angel Tree Program 2013

This program run by the USCG Chaplain's Office is designed to assist those families in need. All nomination forms are due to Karl Armstrong office NLT than Monday December 2nd, 2013.

For those interested in sponsoring a child or a family, that information will be available beginning on December 3rd. Thanks to your generosity last year we provided gifts for 75 kids. Q: call Karl at 508-968-6341

Holiday Angel Tree Program

If your family or one you know of could use some assistance this year, please fill out the form below and return it to Mr. Armstrong (Bldg. #5215, East Hospital Road) **by December 2nd**. For additional information, please call Mr. Armstrong at 508-968-6341. Gifts for Angels may be picked up at the Chapel Support Building (bldg#1015) on Friday December 20th, from 8:30 a.m. to 11:30 a.m.

ALL INFORMATION RECEIVED WILL REMAIN CONFIDENTIAL!!

Family Name/Contact Person:

Branch of Service:

Phone Number(s): [Please include both home and work number]



Total Number of Children in Family:

Child's Name:	Sex: M / F	Age:	Size:	Wants/Likes: (1)
				(2)
				(3)

Child's Name:	Sex: M / F	Age:	Size:	Wants/Likes: (1)
				(2)
				(3)

Child's Name:	Sex: M / F	Age:	Size:	Wants/Likes: (1)
				(2)
				(3)

Child's Name:	Sex: M / F	Age:	Size:	Wants/Likes: (1)
				(2)
				(3)

Enclose extra names of children if applicable



Send Care Packages Overseas –or– Help Recovering Wounded Warriors

Last weekend volunteers for Cape Cod Cares for Our Troops helped pack 1560 Christmas Care Packages to our deployed men and women.



If you didn't get a chance to volunteer but want to help:

1. Sponsor a Care Package: CCC4OT is \$4600 short on the shipping charges for the care packages. Using PayPal through [their website](#) you can sponsor a box to go overseas! A \$15 will cover the cost of one care package.

If you would like to purchase a toy or clothing for one of these families contact Michelle by [email](#) or call 508–896–6424.



Free Toys for Military Kids 2014



Again this year Operation Homefront and the Dollar Tree stores have teamed up to collect free toys to military children. Dollar Tree store locations have collection bins for appreciative customers to say THANK YOU to our country's military children. Units will be receiving the toys for distribution in December.

Be on the look out for when your unit will be sharing the Christmas love!

The 102IW Toy Giveaway will be held on SUN 08 DEC in BLDG 158, on the hangar floor. Please note for the 102IW, this IS NOT a children's event.

We will be holding the Children's Christmas Party on SAT 14 DEC.

Fuel Assistance Guidelines

The Massachusetts Low Income Energy Assistance Program for the 2013-2014 heating season begins November 1st. This program is designed to provide relief to low-income households. The income eligibility guidelines and the required documents are listed below:

HOUSEHOLD SIZE GROSS INCOME : 1 \$32,065 2 \$41,932 3 \$51,798

To Apply you will need: Identification for head of household along with Social Security #'s and birth dates for all household members.

Income Verification: Last four (4) weeks gross income for everyone in the household 18 years and older. All income must be documented such as Child Support, Odd Jobs, Veterans, Pension, AFDC, Social Security, Interest/Dividends, etc. Any adult receiving income for a minor must have proof of that income. For the self-employed, a copy of 2012 federal tax returns with all pages and schedules. If self prepared, signature page must be notarized. Full time students need documentation from the school or college. Copies of complete electric bill, heating bill, Verizon phone bill, Mortgage statement, real estate tax bill, homeowners insurance or for renters a signed lease or letter from landlord stating amount of monthly rent.



Cold Relief Helpline
1-800-632-8175

[Learn more here!](#)



Join
**Operation
Homefront**
for
**holiday
TOY DISTRIBUTION**

Eligible recipients include:

- Active Duty, E1-E6, or
- National Guard, E1-E6 on Title 10 or 32 orders; or
- Activated Reservist, E1-E6; or
- Wounded, active duty or retired, any rank

December 14, 2013

**At the Wellesley, Taunton,
And Springfield Armories**

From 10 a.m. ~ 1 p.m.

Register at

<http://www.operationhomefront.net/event/list?Id=2701>

This event is open to ALL military families. The flyer is created nationally, so we cannot change some of the wording. Those who have difficulty registering on-line or who do not fit the published criteria can register with us at MassNGYouth@aol.com. All are welcome to receive one premium toy per child and their choice of stocking stuffers. We hope to see you there!



What's Happening on Joint Base Cape Cod

Annual Tree Lighting

FRI 06 DEC @ 6 PM in front of the Roxy Theater.

Hot cocoa, Candy Canes, Carols and as always FREE Movies.

A special showing of Polar Express to follow. Rated PG.



Pajama Drive—Ends THU 12 DEC



The CDC is participating in the Scholastic Reading Club's "Great Bedtime Story Pajama Drive" which provides new pajamas and books to children in need—especially those living in group homes, shelters, foster care and orphanages. Guidelines: Must be brand-new ; All sizes are needed—newborn to adult; Must be in complete sets or nightgowns; PJs in children's sizes must be manufactured as pajamas to ensure that they are flame-retardant and safe. Questions call the CDC at 508—968—6450

Eagle's Nest Annual Holiday Party

SAT 07 DEC at 5 p.m. Appetizers will be served, Mike "MC" Carter will be DJ and there will be raffles!

Boston Bruins Bus Trip vs. LA Kings

MON 20 JAN

Come join the fun- watch the Boston Bruins at the TD Garden in our very own Promenade Suite!

Snack on a limited amount of pizza, chicken tenders, popcorn, soda and water. Adult beverages can be purchased on your own at the concession stand located outside of suite. Each ticket holder will receive one complimentary Boston Bruins baseball cap.

Depart from the JBCC at 10:45 a.m. Gate time 1:00 p.m. Estimated Return: 6:00 p.m. Tickets are \$160 /pp. Tickets are for sale immediately to all MWR patrons. First Come, First Served.



For more info call Pete, ITT/Gear Issues at 508 -968- 6447.

FREE Movies !!!!!!!!!!!!!

To find out what's playing



VA Offers Dental Insurance Program

VA is partnering with Delta Dental and MetLife to allow eligible Veterans, plus family members receiving care under the Civilian Health and Medical Program (CHAMPVA), to purchase affordable dental insurance.



Veterans who are enrolled in VA health care can choose to purchase one of the offered dental plans. This three-year pilot has been designed for Veterans with no dental coverage, or those eligible for VA dental care who would like to purchase additional coverage.

There are no eligibility limitations based on service-connected disability rating or enrollment priority assignment. People interested in participating may complete an application online through either [Delta Dental](#), or [MetLife](#). Coverage for this new dental insurance will begin 01JAN 14.

Also eligible are spouses and dependent children who are reimbursed for most medical expenses under VA's CHAMPVA program. Dental services under the new program vary by plan and include diagnostic, preventive, surgical, emergency and endodontic/restorative treatment. Enrollment in the VA Dental Insurance Plan (VADIP) is voluntary. Participants are responsible for all premiums, which range from \$8.65 to \$52.90 per month for individual plans. Copayments and other charges may apply.

For more visit the [VA online](#), or Delta Dental at 855-370-3303 or MetLife at 888-310-1681.

Veterans who are not enrolled in the VA health care system can apply at any time [online](#), by calling 877-222-8387 or visiting their local VA health care facility.



TSA Pre-Check Changes for Service Members

As the holidays are fast approaching, many service members and their families will be traveling. **Beginning Dec 20, 2013**, Transportation Security Administration and DoD has announced a partnership to expand TSA Precheck expedited screening benefits to all members of the US Armed Forces, including those who are serving in the US Coast Guard, National Guardsmen and Reservist. This will also include Wounded Warriors (as well as the caregivers for Wounded Warriors). This partnership expands the current TSA Precheck lanes to all 100 airports offering Precheck. Find out more [HERE](#)

TSA Pre✓

WARNING: Marketing Scam! VA National Call Center & VA GI Bill Call Center

The marketing company has established two toll-free numbers that differ by one digit from the VA National Call Center and the VA GI Bill Call Center. If the caller happens to dial the wrong number, the veteran is offered a gift card in return for providing personal and financial information, including credit card information.

Note that VA will never ask you for a credit card number or banking information over the phone.

Veterans are encouraged to use care when calling VA national lines and to be aware that the [Veterans Benefits Administration] office does not sell gift cards or ask for credit card information.



The correct phone numbers are:

- The VA National Call Center number is 800-827-1000.
- The VA GI Bill Call Center number is 888-442-4551.

Find out more at <http://benefits.va.gov/benefits/>

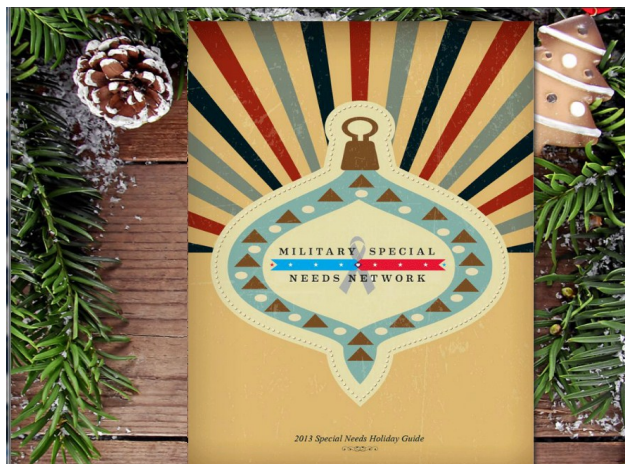


2013 Military Special Needs Holiday Guide

Military Special Needs Network is a peer-to-peer organization founded to provide emotional and family support for military families around the globe, regardless of medical, educational, or behavioral diagnosis.

Recognizing the additional demands of the Holidays can bring, MSNN has brought you their 1st Holiday Guide. Full of helpful articles, supportive advice, and wonderful tips on surviving and thriving during the upcoming season.

[View this Holiday Guide online here!](#)



OPERATION MILITARY *Smiles*

www.militaryfriends.org | **thinking of you makes me smile**

You have been nominated as a



**V.I.P. (Very Important Parent /
Grandparent) of a 1-16 year old**

**MILITARY FRIENDS FOUNDATION in partnership with
Massachusetts Gold Star Families
U.S. Department of Veterans Affairs
Massachusetts National Guard the Massachusetts Department of Veterans Services
Invites you to attend the**

3RD ANNUAL OPERATION MILITARY SMILES ANNUAL TOY GIVEAWAY

This is an event for Veterans, Service Members and Families of the Fallen to come select toys for the special children in your lives. Come choose from 1,000's of toys and stocking stuffers and join with other parents/grandparents for light refreshments.

*****Please note this is an event for adults only*****

SANTA SHOP LOCATIONS – 10:00am to 1:00pm

December 14, 2013: Government Center Atrium, City Hall Plaza, Fall River, MA

December 15, 2013: Brockton VA Medical Center, Building 22, Brockton, MA

Please visit www.militaryfriends.org for more info!

If possible, to help us ensure we have the best selection of toys for your children, please RSVP with each child's name and age to info@militaryfriends.org or call (617) 733-7994.

****Please remember to bring a copy of this invite and proof of military service to the event.****

MilitaryFriends.org/smiles

(617) 733-7994



Military OneSource: Planning for the Future

As this year comes to a close and another one will soon begin, this is a perfect time to think about your future. What are your New Year's Resolutions for 2014? Are you looking to get healthier? Pay off some debt? Reduce your stress? Spend more quality time with your family? Open your own busi-

ness? Whatever your plans are, Military OneSource can assist you.

Below you will find a list of Military OneSource resources available such as webinars, articles and services. When printing articles it is beneficial to print articles in PDF format, which you can select as an option on the bottom of the right side of the webpage. Please visit www.MilitaryOneSource.mil for the full articles and other resources to assist you.

Non-Medical Counseling

Coping With Holiday Stress

Holiday Time: Preparing for Work Stress

Money Management

10 Tips for Holiday Saving

Holiday Spending Quiz

How Can I Save a Million Dollars?

Crisis and Prevention

Holiday Drinking: Keep It Safe

Preventing Injuries in Military Training

Morale, Welfare & Recreation

Family Fun: What Can You Do This Winter?

How to Give Back During the Holidays

Planning a Staycation

Spouse Education & Career Opportunities

High Demand Careers of the Next Five Years

* Login may be required

Look for future emails from me on upcoming webinars and resources Military OneSource offers. For additional resources on these topic and other topics please visit www.MilitaryOneSource.mil or call 1-800-342-9647.

Beehive Food Program for Military Families

Are you a Cape Cod connected military family who could benefit from free food? Maybe you struggle to make ends meet but make too much to take advantage of other food assistance programs?

This program is designed to ease the financial challenges of families. Open to: military families of all branches, with children AND who's unit or home is on Cape Cod.



A Project of the Masonic Angel Foundation

HOW IT WORKS:

Participants pick up a food package each month for year, allowing other bills to be paid.

For full details [email](#) or call Erin 508-968-4855.



Winter Adventure Overnight Camps for Teens with Disabilities in Military Families

JAN 3—6 for physical disabilities

JAN 11—13 for developmental &
cognitive disabilities

Activities include: alpine skiing, dog sledding, ice skating, a winter camp-fire, snow tubing & more!

All activities are facilitated by trained staff & volunteers and are appropriate for teens with disabilities.

All lodging & facilities are wheelchair accessible.

ALL INCLUSIVE: A \$20 registration fee includes lift tickets, lessons, equipment rental, and food/lodging.

There are NO additional fees.

All abilities are welcome & encouraged to inquire!

For more information and to register [online](#) or contact [Charlotte Cross](#) at 603-862-2495.



FALMOUTH
Cape Cod
Bed & Breakfast
Association

invites you to a

Holiday Open House

SUNDAY, DECEMBER 8, 2013
1:30 to 4:30 p.m.

\$10 per person

Tickets available at each property or the Chamber of Commerce

All proceeds to benefit Falmouth Military Support Group

Holiday treats & beverages	Raffles
Join us to celebrate the season & tour our properties!	
FALMOUTH VILLAGE	WOODS HOLE
Captain's Manor Inn	Woods Hole Inn
Inn at Sider's Lane	Woods Hole Passage
Palmer House Inn	
Watch for the red & green balloons	

Cape & Islands American Red Cross Heroes Nominations NOW OPEN



Nomination Deadline—Dec. 28, 2013

Do you know a person who has performed an extraordinary act of courage to save someone's life or helped in the rescue of someone in need? Or maybe you know someone who commits hours to a special cause? The American Red Cross would like to honor and celebrate these individuals. For more information call (508) 775-1540 x19 or visit : www.redcross.org/CapeCodandIslands.

Effective Job Search Strategies Workshop

MON 09 DEC 11:00—1:00 @Hanscom AFB

Feel free to bring your lunch! Learn how to identify your skills, use networking to increase employment options, & how to research industries to find job opportunities. Taught by Bob Dolan, Certified Job Search & Career Transition Consultant.

To register please call 781-225-2765 or email 66.fss.fsfr.cmb@hanscom.af.mil.

USAJOBS®
"WORKING FOR AMERICA"

New Office Location for Family Assistance Center—Camp Edwards

Barbara Powers
Family Assistance Center Specialist
Joint Base Cape Cod
Bldg. 1204 West Inner Road
Camp Edwards, MA 02542

Cell: 781-760-0201
Fax: 508-968-5144
Barbara.a.Powers35.ctr@mail.mil



INVITE YOUR FAMILY AND FRIENDS!

OTIS AIR NATIONAL GUARD

NIGHTS WITH THE PROVIDENCE BRUINS



VS.



P-BRUINS VS. PORTLAND PIRATES

FRI, DEC. 13

7:05 AT THE DUNK

**FREE CINCH SACK FOR THE FIRST
2,000 FANS IN ATTENDANCE!**



VS.



P-BRUINS VS. SPRINGFIELD FALCONS

FRI, DEC. 20

7:05 AT THE DUNK

**FREE KEY CHAIN FOR THE FIRST
2,000 FANS IN ATTENDANCE!**



TICKETS ONLY \$17

SAVINGS OF UP TO 50% PER TICKET

TO ORDER CONTACT

**RICK BOURASSA AT
508.968.7732 OR RICHARD.BOURASSA@ANG.AF.MIL**

DEADLINE TO PURCHASE IS DECEMBER 4, 2013

**Massachusetts National Guard
Airman & Family Readiness Program
Joint Base Cape Cod, MA**



Erin Creighton
Program Manager
102IW/ A&FRPO
156 Reilly St Box 70
Otis ANG Base, MA 02542
Phone: 508- 968- 4855
Fax: 508- 968- 4846
erin.creighton@ang.af.mil

Requests to be added or removed from this distribution list may be sent directly to [Erin](mailto:Erin.creighton@ang.af.mil).

How to Avoid Falling for a Jerk (or Jerkette)

ARNG Single Soldiers Only - SAT 21 Dec from 12—4 p.m.

Follow your heart without losing your mind. Get to know the “right” things about a partner & pace your relationship in a safe way.

Event @ Jillian's Worcester. Cost \$0.
Dinner \$0. Pool tables \$0. (Other games discounted on your dime)

Contact [Dawn Wetherbee](mailto:Dawn.Wetherbee@ang.af.mil) by email or at 781-570-1906



Roth TSP for Reserve/Guard

Beginning October 1, 2013, members of the reserve forces of the Army, Navy, Air Force and the National Guard can add the Roth TSP option to their investment plans.

The Roth TSP option uses **after-tax** pay and bonuses to start and maintain contributions. Information on this and traditional TSP can be found online at www.tsp.gov. You may also find information from your command or installation personal financial counselors, or your finance office.

Boston & Park University Spring 2014 Schedules @ Hanscom AFB



Graduate Degree & Certification Programs

Registration: 01 DEC—22 JAN

Active Duty Military, Guard, Reserve, Dependents, DoD Employees, and Contractors are eligible!

- Masters of Science in Leadership (MSL),
- Master of Science in Computer Information Systems (MSCIS),
- Master of Science in Computer Science (MSCS)
- Graduate Certificate in Project Management (GCPM)

For more information contact Gerald Keegan, Faculty and Academic Program Director at gkeegan@bu.edu

Registration begins 09 DEC

MON/WED 5:30—8:30P

First year Writing Seminar I

Management & Organizational Behavior

TUE/THU 5:30—8:30P

Principles of Accounting I

Introduction to Sociology

Bachelor's & Master's Degree classes and CCAF required classes also offered ONLINE every term.

For more information email HANS@park.edu or visit www.park.edu/hans

